

## FINESS and now ZUMBA TONING

**Thursday ZUMBA/TONING Session:** 

GET READY TO ZUMBA!!!!! COME JOIN THE EXERCISE CRAZE THAT IS SWEEPING THE NATION! LATIN AND INTERNATIONAL INSPIRED DANCE MOVES COMBINED WITH EXERCISE. DANCE YOUR WAY TO FITNESS!!! CLASSES GIVEN BY CERTIFIED ZUMBA INSTRUCTOR! COME JOIN THE PARTY!

This program is offered on Tuesday or Thursday evenings from 7:30PM to 8:30PM (unless noted) at the Rec. Center. Tuesday Zumba is a 5 week session and costs \$50. Thursday Zumba Toning is a 5 week session and costs \$50 (toning sticks for Thursday night will be available for purchase through instructor for \$20).

There is a discount if your register for both sessions - \$90. Registration must be done through the Recreation Dept. as the instructor cannot accept forms or payment for classes. Please make checks payable to "Middlesex Rec. Dept." or cash can be accepted as payment. Class size is limited with registration being taken on a first come, first served basis. All registrations must be received Monday for Zumba or Wednesday for Zumba/Toning prior to the start of the session. All registrations received after the deadline are considered late and will be subject to a late fee. Borough residents will have first priority if class it at maximum. 18 years of age or older and post high school to participate. Each participant should wear dance or athletic shoes with support, bring a small towel, and plenty of water.

## ALL CLASSES ARE 7:30 – 8:30 PM IN THE RECREATION CENTER UNLESS NOTED

## Tuesday ZUMBA Session: Jan. 24, 31, Feb. 7, 21, 28 Jan. 26, Feb. 2, 9 at 6:30PM, 16, 23 Please fill out the registration form below and bring/send it to the Recreation Center. Keep top portion for your reference. Please check which session(s) you are registering for: \_\_\_\_\_Tuesday Zumba \_\_\_\_\_Thursday Zumba/Toning Name \_\_\_\_\_ Contact Phone # \_\_\_\_\_ Address \_\_\_\_\_\_ City \_\_\_\_\_ State \_\_\_ Zip \_\_\_\_ E-Mail Address (please print CLEARLY) By signing this form, I desire to engage voluntarily in this exercise program being offered by the Middlesex Recreation Department. In consideration of my participation in the exercise classes, I do hereby agree to hold free from any and all liability, the exercise instructors, the sponsoring organization, or the Borough of Middlesex, and do hereby for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me arising out of/or connected with my participation. Dates during which release is granted - FROM: Jan. 1, 2012 TO: Feb. 29, 2012 In your best interest, we recommend that you have your physician give approval for you to be a participant in this class.

Participants Signature		Date
	DO NOT WRITE IN BOX / For Office Use ONLY	
	ZUMBA & ZUMBA/TONING – Jan./Feb. 2012 SESSION Tuesday Zumba \$60	
	Thursday Zumba ton/fus. \$60	RCP'T #
	Tue & Thur \$110 DATE RCV'D	